

# USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Vitamin C, total ascorbic acid (mg)

Food Groups: Vegetables and Vegetable Products  
Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: October 27, 2015 10:15 EDT

NDB_No	Description	Weight(g)		Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)		341.3
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips		230.8
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup		217.6
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped		203.6
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped		195.0
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped		190.3
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped		172.6
11540	Tomato juice, canned, with salt added	243.0	1.0 cup		170.3
11886	Tomato juice, canned, without salt added	243.0	1.0 cup		170.3
11620	Drumstick pods, raw	100.0	1.0 cup slices		141.0
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup		137.9
11578	Vegetable juice cocktail, canned	253.0	1.0 cup		137.4
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup		135.3
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup		135.3
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz		120.0
11525	Taro, tahitian, raw	125.0	1.0 cup slices		120.0
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped		119.8
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped		117.0
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped		117.0
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices		114.5
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices		114.5
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup		112.0
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper		109.1
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced		106.7
11741	Broccoli, stalks, raw	114.0	1.0 stalk		106.2
11976	Pepper, banana, raw	124.0	1.0 cup		102.5
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips		100.4
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices		89.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	89.1
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	88.0
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	87.1
11241	Kohlrabi, raw	135.0	1.0 cup	83.7
11090	Broccoli, raw	91.0	1.0 cup chopped	81.2
11297	Parsley, fresh	60.0	1.0 cup chopped	79.8
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	78.1
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	76.6
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	76.6
11098	Brussels sprouts, raw	88.0	1.0 cup	74.8
11450	Soybeans, green, raw	256.0	1.0 cup	74.2
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	74.0
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	73.8
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	73.8
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	71.9
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	71.9
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	71.9
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	71.9
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	71.9
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	71.9
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	71.9
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	71.9
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	71.9
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	71.9
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	71.9
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	71.2
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	70.8
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	70.8
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	70.4
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	68.6
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	68.6
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	67.3
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	67.0
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	66.6
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	66.6

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	66.2
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	65.3
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	65.1
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	65.1
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	64.9
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	64.7
11616	Dock, raw	133.0	1.0 cup, chopped	63.8
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	60.1
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	60.0
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	58.8
11304	Peas, green, raw	145.0	1.0 cup	58.0
11965	Cauliflower, green, raw	64.0	1.0 cup	56.4
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	56.3
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	56.3
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	55.8
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	55.8
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	55.6
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	55.6
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	55.6
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	54.7
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	54.7
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	54.5
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	54.3
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	54.3
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	53.3
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	53.3
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	52.5
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	52.1
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	52.1
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	51.6
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	51.5
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	51.5
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	50.7
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	50.6
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	50.6

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11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	49.6
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	49.6
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	48.6
11980	Peppers, chili, green, canned	139.0	1.0 cup	47.5
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	47.1
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	45.0
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	44.9
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	44.9
11015	Asparagus, canned, drained solids	242.0	1.0 cup	44.5
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	44.2
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	44.2
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	43.9
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	43.9
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	43.0
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	43.0
11134	Cassava, raw	206.0	1.0 cup	42.4
11215	Garlic, raw	136.0	1.0 cup	42.4
11527	Tomatoes, green, raw	180.0	1.0 cup	42.1
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	42.0
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	42.0
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	40.9
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	40.9
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	39.5
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	39.5
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	39.2
11270	Mustard greens, raw	56.0	1.0 cup, chopped	39.2
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	38.5
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	38.5
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	38.0
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	37.7
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	37.7
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	36.9
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	36.9
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	36.9
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	36.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	36.5
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	36.0
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	35.9
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	35.9
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	35.8
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	35.6
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	35.4
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	35.4
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	35.2
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	35.2
11435	Rutabagas, raw	140.0	1.0 cup, cubes	35.0
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	34.6
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	34.6
11203	Cress, garden, raw	50.0	1.0 cup	34.5
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	33.0
11568	Turnip greens, raw	55.0	1.0 cup, chopped	33.0
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	32.8
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	32.8
11109	Cabbage, raw	89.0	1.0 cup, chopped	32.6
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	32.4
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	32.2
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	32.2
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	32.2
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	32.0
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	32.0
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	31.7
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	31.6
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	31.6
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	31.5
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	31.5
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	31.5
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	31.4
11613	Borage, raw	89.0	1.0 cup (1" pieces)	31.2
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	31.1
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	31.0

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11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	31.0
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	31.0
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	31.0
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	31.0
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	30.9
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	30.8
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	30.6
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	30.6
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	30.6
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	30.5
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	30.5
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	30.4
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	30.2
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	30.2
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	29.7
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	29.7
11106	Butterbur, (fuki), raw	94.0	1.0 cup	29.6
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	29.4
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	28.8
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	28.8
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	28.7
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	28.7
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	28.2
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	28.1
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	28.1
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	27.5
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	27.5
11564	Turnips, raw	130.0	1.0 cup, cubes	27.3
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	27.2
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	26.5
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	26.5
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	26.5
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	26.5
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	26.1
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	26.0

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11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	26.0
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	25.9
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	25.8
11601	Yam, raw	150.0	1.0 cup, cubes	25.6
11430	Radishes, oriental, raw	116.0	1.0 cup slices	25.5
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	25.3
11981	Peppers, hungarian, raw	27.0	1.0 pepper	25.1
11414	Potato salad, home-prepared	250.0	1.0 cup	25.0
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	24.8
11969	Broccoli, chinese, cooked	88.0	1.0 cup	24.8
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	24.6
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	24.6
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	24.5
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	24.5
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	24.3
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	24.3
11603	Yambean (jicama), raw	120.0	1.0 cup slices	24.2
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	24.1
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	23.9
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	23.9
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	23.9
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	23.9
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	23.4
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	23.4
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	23.2
11278	Okra, raw	100.0	1.0 cup	23.0
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	22.8
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	22.7
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	22.7
11298	Parsnips, raw	133.0	1.0 cup slices	22.6
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	22.6
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	22.5
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	22.3
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	22.3
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	22.2

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11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	22.2
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	22.2
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	22.1
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	22.1
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	22.0
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	22.0
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	21.8
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	21.8
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	21.7
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	21.6
11190	Cornsalad, raw	56.0	1.0 cup	21.4
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	21.3
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	21.2
11955	Tomatoes, sun-dried	54.0	1.0 cup	21.2
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	21.0
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	20.9
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	20.9
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	20.9
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	20.7
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	20.7
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	20.5
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	20.5
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	20.4
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	20.4
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	20.4
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	20.3
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	20.1
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	20.1
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	20.1
11655	Carrot juice, canned	236.0	1.0 cup	20.1
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	20.0
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	19.8
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	19.7
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	19.6
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	19.5



NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	19.5
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	19.2
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	19.2
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	19.2
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	18.9
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	18.9
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	18.8
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	18.8
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	18.8
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	18.6
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	18.4
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	18.4
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	18.4
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	18.4
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	18.1
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	18.1
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	18.1
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	17.9
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	17.8
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	17.6
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	17.6
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	17.2
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	17.2
11429	Radishes, raw	116.0	1.0 cup slices	17.2
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	17.2
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	17.2
11549	Tomato products, canned, sauce	245.0	1.0 cup	17.2
11199	Yardlong bean, raw	91.0	1.0 cup slices	17.1
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	17.0
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	17.0
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	17.0
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	17.0
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	17.0
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	16.8
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	16.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	16.8
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	16.8
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	16.8
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	16.5
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	16.5
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	16.4
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	16.4
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	16.3
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	16.2
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	16.2
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	16.0
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	16.0
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	15.9
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	15.9
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	15.7
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	15.7
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	15.7
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	15.7
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	15.6
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	15.6
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	15.4
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	15.4
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	15.3
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	15.3
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	15.0
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	14.9
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	14.8
11108	Butterbur, canned	124.0	1.0 cup, chopped	14.8
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	14.7
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	14.7
11591	Watercress, raw	34.0	1.0 cup, chopped	14.6
11520	Taro leaves, raw	28.0	1.0 cup	14.6
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	14.5
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	14.5
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	14.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	14.2
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	14.1
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	14.1
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	14.1
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	14.1
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	13.7
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	13.6
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	13.6
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	13.6
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	13.3
11514	Sweet potato, canned, mashed	255.0	1.0 cup	13.3
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	13.1
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	13.1
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	13.0
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	13.0
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	13.0
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	13.0
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	13.0
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	13.0
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	13.0
11618	Eppaw, raw	100.0	1.0 cup	13.0
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	13.0
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	12.8
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	12.8
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	12.8
11161	Collards, raw	36.0	1.0 cup, chopped	12.7
11248	Lentils, sprouted, raw	77.0	1.0 cup	12.7
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	12.6
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	12.6
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	12.6
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	12.5
11141	Celeriac, raw	156.0	1.0 cup	12.5
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	12.5
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	12.4
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	12.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	12.4
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	12.4
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	12.2
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	12.2
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	12.2
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	12.2
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	12.1
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	12.1
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	12.1
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	12.1
11003	Amaranth leaves, raw	28.0	1.0 cup	12.1
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	12.1
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	12.1
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	11.9
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	11.9
11282	Onions, raw	160.0	1.0 cup, chopped	11.8
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	11.8
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	11.8
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	11.8
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	11.8
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	11.8
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	11.8
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	11.8
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	11.7
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	11.6
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	11.6
11961	Hearts of palm, canned	146.0	1.0 cup	11.5
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	11.5
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	11.5
11211	Edamame, frozen, unprepared	118.0	1.0 cup	11.4
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	11.4
11086	Beet greens, raw	38.0	1.0 cup	11.4
11667	Seaweed, spirulina, dried	112.0	1.0 cup	11.3
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	11.2
11693	Tomatoes, crushed, canned	121.0	0.5 cup	11.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	11.0
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	10.9
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	10.9
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	10.9
11683	Carrot, dehydrated	74.0	1.0 cup	10.8
11147	Chard, swiss, raw	36.0	1.0 cup	10.8
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	10.7
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	10.7
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	10.7
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	10.6
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	10.5
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	10.4
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	10.4
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	10.4
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	10.4
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	10.4
11231	Jute, potherb, raw	28.0	1.0 cup	10.4
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	10.3
11846	Pumpkin, canned, with salt	245.0	1.0 cup	10.3
11424	Pumpkin, canned, without salt	245.0	1.0 cup	10.3
11943	Pimento, canned	12.0	1.0 tbsp	10.2
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	10.2
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	10.1
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	10.1
11446	Seaweed, laver, raw	26.0	10.0 sheets	10.1
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	10.1
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	10.1
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	10.1
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	10.1
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	10.0
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	10.0
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	10.0
11658	Spinach souffle	136.0	1.0 cup	9.9
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	9.9
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	9.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	9.9
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	9.9
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	9.8
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	9.8
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	9.8
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	9.7
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	9.7
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	9.7
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	9.7
11349	Poi	240.0	1.0 cup	9.6
11212	Edamame, frozen, prepared	155.0	1.0 cup	9.5
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	9.4
11426	Pumpkin pie mix, canned	270.0	1.0 cup	9.4
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	9.3
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	9.3
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	9.3
11656	Corn pudding, home prepared	250.0	1.0 cup	9.2
11416	Pumpkin flowers, raw	33.0	1.0 cup	9.2
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	9.2
11376	Potatoes, canned, drained solids	180.0	1.0 cup	9.2
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	9.2
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	9.2
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	9.1
11427	Purslane, raw	43.0	1.0 cup	9.0
11522	Taro shoots, raw	43.0	0.5 cup slices	9.0
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	8.9
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	8.9
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	8.9
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	8.9
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	8.8
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	8.8
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	8.7
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	8.6
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	8.6
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	8.6

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	8.5
11457	Spinach, raw	30.0	1.0 cup	8.4
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	8.4
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	8.4
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	8.4
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	8.4
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	8.3
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	8.3
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	8.3
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	8.3
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	8.2
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	8.2
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	8.1
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	8.1
11096	Broccoli raab, raw	40.0	1.0 cup chopped	8.1
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	8.1
11963	Nopales, raw	86.0	1.0 cup, sliced	8.0
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	7.9
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	7.9
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	7.9
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	7.9
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	7.9
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	7.9
11964	Nopales, cooked, without salt	149.0	1.0 cup	7.9
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	7.8
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	7.8
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	7.8
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	7.8
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	7.8
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	7.8
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	7.8
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	7.8
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	7.6
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	7.6
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	7.6

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	7.6
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	7.6
11124	Carrots, raw	128.0	1.0 cup chopped	7.6
11011	Asparagus, raw	134.0	1.0 cup	7.5
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	7.4
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	7.3
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	7.3
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	7.1
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	7.0
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	7.0
11152	Chicory greens, raw	29.0	1.0 cup, chopped	7.0
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	6.9
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	6.9
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	6.9
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	6.9
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	6.9
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	6.8
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	6.7
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	6.7
11080	Beets, raw	136.0	1.0 cup	6.7
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	6.7
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	6.7
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	6.6
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	6.6
11878	Taro, cooked, with salt	132.0	1.0 cup slices	6.6
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	6.5
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	6.5
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	6.4
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	6.4
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	6.4
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	6.3
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	6.2
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	6.2
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	6.2
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	6.2



NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	6.1
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	6.1
11413	Potato flour	160.0	1.0 cup	6.1
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	6.1
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	6.1
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	6.1
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	6.0
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	6.0
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	5.9
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	5.9
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	5.9
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	5.9
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	5.8
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	5.8
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	5.8
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	5.8
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	5.7
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	5.6
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	5.6
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	5.5
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	5.5
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	5.5
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	5.5
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	5.5
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	5.5
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	5.5
11953	Squash, zucchini, baby, raw	16.0	1.0 large	5.5
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	5.4
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	5.4
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	5.4
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	5.3
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	5.2
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	5.2
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	5.2
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	5.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	5.1
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	5.1
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	5.1
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	5.0
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	5.0
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	5.0
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	4.9
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	4.9
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	4.8
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	4.8
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	4.8
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	4.8
11518	Taro, raw	104.0	1.0 cup, sliced	4.7
11973	Beans, fava, in pod, raw	126.0	1.0 cup	4.7
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	4.5
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	4.4
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	4.4
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	4.4
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	4.4
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	4.3
11362	Potatoes, raw, skin	38.0	1.0 skin	4.3
11418	Pumpkin leaves, raw	39.0	1.0 cup	4.3
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	4.3
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	4.3
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	4.3
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	4.3
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	4.2
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	4.2
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	4.1
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	4.1
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	4.1
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	4.1
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	4.0
11954	Tomatillos, raw	34.0	1.0 medium	4.0
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	3.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	3.9
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	3.9
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	3.8
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	3.8
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	3.8
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	3.8
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	3.7
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	3.7
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	3.6
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	3.6
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	3.6
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	3.6
31014	PACE, Jalapenos Nacho Sliced Peppers	30.0	1.0 oz	3.6
31015	PACE, Diced Green Chilies	30.0	2.0 tbsp	3.6
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	3.6
11122	Cardoon, raw	178.0	1.0 cup, shredded	3.6
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	3.5
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	3.5
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	3.5
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	3.5
11970	Cabbage, napa, cooked	109.0	1.0 cup	3.5
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	3.4
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	3.4
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	3.4
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	3.3
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	3.2
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	3.2
11952	Radicchio, raw	40.0	1.0 cup, shredded	3.2
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	3.2
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	3.2
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	3.1
11143	Celery, raw	101.0	1.0 cup chopped	3.1
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	3.1
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	3.1
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	3.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11154	Chicory roots, raw	60.0	1.0 root	3.0
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	3.0
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	3.0
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	2.9
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	2.9
11285	Onions, canned, solids and liquids	63.0	1.0 onion	2.7
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	2.7
11986	Malabar spinach, cooked	44.0	1.0 cup	2.6
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	2.6
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	2.5
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	2.5
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	2.5
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	2.4
11697	Arrowroot, raw	120.0	1.0 cup, sliced	2.3
11447	Sesbania flower, raw	3.0	1.0 flower	2.2
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	2.1
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	2.1
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	2.1
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	2.0
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	2.0
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	1.9
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	1.9
11209	Eggplant, raw	82.0	1.0 cup, cubes	1.8
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	1.8
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	1.8
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	1.8
11156	Chives, raw	3.0	1.0 tbsp chopped	1.7
11972	Lemon grass (citronella), raw	67.0	1.0 cup	1.7
11213	Endive, raw	25.0	0.5 cup, chopped	1.6
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	1.6
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	1.6
11145	Celtuce, raw	8.0	1.0 leaf	1.6
11974	Grape leaves, raw	14.0	1.0 cup	1.6
11941	Pickles, cucumber, sour	155.0	1.0 cup	1.6
11151	Chicory, witloof, raw	53.0	1.0 head	1.5

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11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	1.5
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	1.5
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	1.5
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	1.4
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	1.4
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	1.4
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	1.4
11615	Chives, freeze-dried	0.2	1.0 tbsp	1.3
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	1.3
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	1.3
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	1.1
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	1.1
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	1.0
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	1.0
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	1.0
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	1.0
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0.9
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.9
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.9
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.8
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.8
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.8
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.8
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.8
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	0.7
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.7
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.7
11935	Catsup	17.0	1.0 tbsp	0.7
11949	Catsup, low sodium	17.0	1.0 tbsp	0.7
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0.7
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0.7
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.6
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.6
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	0.5
11975	Grape leaves, canned	4.0	1.0 leaf	0.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.4
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.4
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.4
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.4
11960	Carrots, baby, raw	15.0	1.0 large	0.4
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.4
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.4
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.4
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.4
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.3
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.3
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.3
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.3
11230	Pepeao, dried	24.0	1.0 cup	0.3
11959	Arugula, raw	2.0	1.0 leaf	0.3
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.3
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.3
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.3
11005	Arrowhead, raw	25.0	1.0 large	0.3
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.2
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.2
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.2
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.2
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.1
11216	Ginger root, raw	2.0	1.0 tsp	0.1
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.1
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.0
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.0
11984	Epazote, raw	0.8	1.0 tbsp	0.0
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.0
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.0
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.0
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.0
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.0
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.0
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.0
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.0
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.0
11432	Radishes, oriental, dried	116.0	1.0 cup	0.0
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.0
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.0
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.0
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.0
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0.0
43406	Yeast extract spread	6.0	1.0 tsp	0.0
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.0
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.0
43146	Eggplant, pickled	136.0	1.0 cup	0.0